

## HEAVY MEAT EATERS HAVE SLOW KIDNEYS

Eat Less Meat If You Feel Back-  
ache or Have Bladder  
Trouble

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Meat forms uric acid which excites the kidneys, they become overworked from the strain, get sluggish and fail to filter the waste and poisons from the blood, then we get sick. Nearly all rheumatism, headaches, liver troubles, nervousness, dizziness, sleeplessness and urinary disorders come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts or if the urine is cloudy, offensive, full of sediment irregular of passage or attended by a sensation of scalding, stop eating meat and get about four ounces of Jad Salts from any pharmacy; take a teaspoonful in a glass of water before breakfast and in a few days your kidneys will act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate the kidneys, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder weaknesses.

Jad Salts is inexpensive and cannot injure; makes a delightful lithia water drink which everyone should take now and then to keep the kidneys clean and active and the blood pure, thereby avoiding serious kidney complications.

### No Offer of Mediation.

New York, June 28.—Argentine Ambassador Nyon issued a statement saying he was "in candor confident the present crisis can be peacefully settled," but had not made an offer of mediation to settle the Mexican-American differences.

## MOSBY A GOOD SOLDIER.

Kept Northern Forces in Virginia and Maryland in Dread.

Colonel John Singleton Mosby, the most famous Confederate raider of the civil war, who died in Washington the other day after a long illness, was a native of Virginia and was eighty-two years old.

Colonel Mosby's death, his physicians said, was due solely to old age, and he was conscious and interested in what was going on about him until an hour before he passed away.

There are few careers which in intensity of interest can equal that of Colonel Mosby. Mosby's command, or "Mosby's Men," as they came to be known, were the dread of all the Federal forces in northern Virginia and Maryland during the civil war.

His cavalry command played havoc with the opposing lines. Many were the Federal cavalry outposts and supply trains which this band of fearless men captured.

Hairbreadth escapes were as common to them as the incidents of ordinary life today. Many were the times when Mosby and his men saw hope of life vanish, for they knew no quarter would be given them.

But in spite of all federal efforts the great leader never was taken. In his books, "Mosby's War Reminiscences" and "Stuart's Cavalry Campaign," much is told of warfare in Virginia.

In recent years Colonel Mosby became reticent. Only with his most intimate friends would he discuss the issues of the "lost cause" or his many daring escapes from the enemy's lines and his capture of federal troops. He preferred to let the records of history speak for themselves.

### Ceremony Repeated After Fifty Years.

When Mr. and Mrs. E. D. Robinson celebrated their golden wedding anniversary in Burlington, N. J., Rev. John M. Lyons of Germantown, Pa., father of the bride, repeated the original ceremony by which he married them fifty years ago in Monticello, Conn.

### White Flag, It's a Boy.

White flag floating from mail clerk's home in Brazil, Ind., as his train whizzed through was to notify him it was a boy.

## RECRUITING NOW A DIFFICULT TASK

Officers Want a More Liberal  
Interpretation of Rules.

### STANDARD REMAINS HIGH.

Only a Few of the 30,000 Men Needed to Bring Army Up to Full Strength Have Been Accepted—Regulations Enforced to the Letter by Officers in Charge.

Unless more vigorous enlistment measures succeed in getting the men required under the new army bill there is likely to be a shakeup in the recruiting branch of the service. Some army officers are inclined to complain that too many applicants for the army are rejected because of strict technical interpretation of the requirements.

Responsibility for recruiting the army up to service requirements under the new army bill rests with Adjutant General H. P. McCain. Officers of the army general staff are determined that the necessary improvement in recruiting shall be effected, and if Adjutant General McCain cannot produce the results efforts will be made to find a successor who can.

General McCain is aware of the responsibility resting on him. He testified before the house military affairs committee last January that under the voluntary system of enlistment the maximum number of men that can be recruited, using all proper methods, in any one year would not exceed 50,000. This figure represents only a very slight addition to the army, as the war department has been required annually to recruit between 30,000 and 40,000 men to fill vacancies due to expiration of enlistments and other causes. The adjutant general is not prepared to say, in face of the country's new interest in the regular army strength, that 50,000 is the maximum number that can be enlisted in a year. He is prepared to assume responsibility for getting the men required.

"It's up to me to get the men," he said recently in this connection, "and I'm going to get them."

### Many Rejections.

Many army officers doubt if the war department can, without any provision for compulsory service, get the additional men required under the bill for 175,000 fighting men except by decidedly more vigorous and expedient recruiting measures and possibly some change in the way applicants are tested under the present recruiting standards. Of the 168,182 applicants last year the war department rejected 123,731, making the enlistment total about 45,000. General McCain says that the great number of rejections is due to the high standard of the army requirements.

However, some criticism is heard to the effect that the standards are too rigidly enforced, and much more to the effect that the measures of recruiting are not the best possible. Applicants for first enlistment must be "between the ages of eighteen and thirty-five years, of good character and temperate habits, able-bodied, free from disease, and must be able to speak, read and write the English language." It is pointed out that these general requirements are subject to pretty broad interpretation and that possibly some candidates for the army have been required to read and write better than was actually necessary for even a first class soldier. It is known, of course, that some congress leaders have not been averse to seeing the size of the army kept down and the validity of many rejections has been no cause of anxiety to them.

In view of the adoption of the conference report on the army reorganization bill new methods of enlistment are under consideration. While no one is seriously proposing that the army requirements shall be materially reduced, it will occasion no surprise if those who have the recruiting in charge adopt a somewhat less technical attitude toward these requirements as well as new methods. One criticism as to method is that in New York city recruiting stations have been maintained on Fifth avenue while the possibilities of the ferry approaches have been neglected.

### TO SAVE MIGRATORY BIRDS.

President Must First Approve Regulations Issued by Secretary Houston. Proposed regulations for the protection of migratory birds, in effect Aug. 16 or whenever thereafter they are approved by the president, have been issued by Secretary Houston. Hearings will be held on any complaints filed after the public has examined the regulations.

Two zones with different closed seasons are established for protection and breeding and the other a wintering zone. All states north of Delaware, Maryland, Virginia, Tennessee, Arkansas, Oklahoma, Texas, New Mexico, Arizona and California are declared in the breeding zone and the states named and those south of them in the wintering zone.

The closed season for waterfowl, including brant, wild ducks, geese and swans, is not as Dec. 21 to Sept. 9, inclusive, in the breeding zone and Feb. 1 to Oct. 14, inclusive, in the wintering zone, with exceptions in certain states.

## A Tale of Two Cities

Little chap with the shining eyes,  
Stretching a slender hand  
Toward the shadowy hills and the smiling  
skies  
Of faraway Grownup Land.  
It is all a wonderful world to you,  
And boyhood is hard to bear  
As you dream of the things you are going  
to do  
When the years shall have borne you  
there.

The long, long years, how they drag to-  
day!  
How dreary their cycle seems  
When one is eager to be away  
To the land of his morning dreams,  
To do the deeds that the great have done,  
And, with courage, ground and high,  
To win the battles that must be won  
In the City of By and By!

Worn old man, with the wistful eyes,  
Bending a weary gaze  
Toward the ghostly woods and the misty  
skies  
Of the country of other days—  
A wonderful world it used to be,  
But Youth was beside you then,  
And now he has fled you shall never see  
Its blossoming woods again.

The short, short years, how they pass to-  
day.  
Like the shadows of clouds in flight,  
Over a head that is bent and gray,  
Hurrying toward the night!  
Yet in the depths of the weary eyes  
There still is a gentle glow  
As they gaze afar toward the distant  
skies  
Of the City of 'Long Ago!  
—James J. Montague in New York Amer-  
ican.

### HAS NEW CHINESE ALPHABET

Dr. Lam Hopes to Revolutionize His Country's Written Language.

Dr. T. F. Lam, a distinguished Chinese scholar, left San Francisco for China, where he will offer his fellow countrymen an alphabet which if adopted, he said, would revolutionize the written language of China.

After laboring for six years while occupying the chair of associate professor of oriental languages and literature in the University of London Dr. Lam has completed an alphabet of fifty-six characters. In addition to the new alphabet, Dr. Lam has devised a telegraphic code of dots and dashes to be used in connection therewith. His system, he said, had been proved practical in a test given in the Chinese schools. He was led to devise the alphabet, he said, because China's present written language was so cumbersome that it proved a handicap in a fast moving world.

### Duties of Vice President.

The duties of the vice president of the United States were defined by an Italian before a naturalization court in Fairmount, W. Va., as "washing windows and sweeping out the White House." With thirteen other applicants he was made a citizen of the United States.

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Elberton	1:20 P M
Calhoun Falls	1:45 P M
Abbeville	2:10 P M
Greenwood	2:35 P M
Clinton	3:20 P M
Carlisle	4:05 P M
Chester	4:30 P M
Arrive Buffalo	7:45 P M, next day

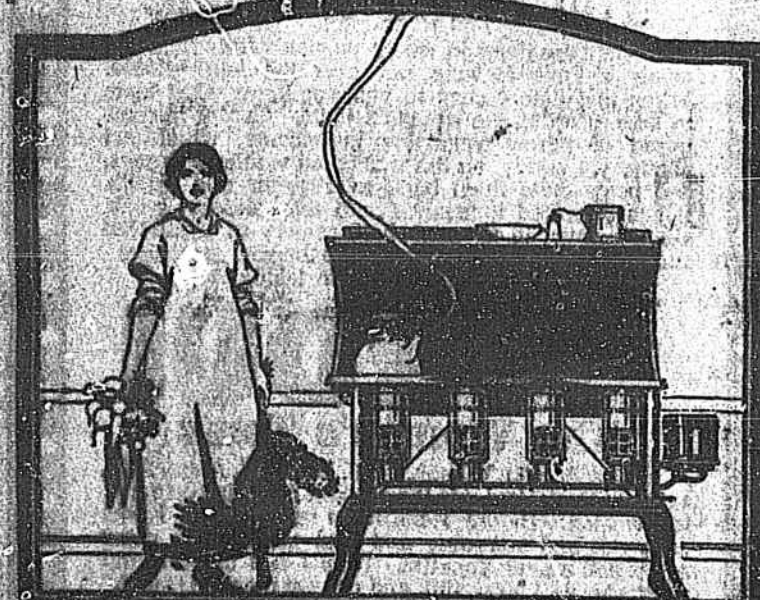
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